

WHAT EMPATHY ISN'T

<p>Advising</p> <p>"You should..."</p> <p>"The best thing to do is..."</p> <p>"You should have..."</p>	<p>Analyzing</p> <p>"That's probably happening because..."</p> <p>"I bet what's going on here is..."</p>
<p>One-upping</p> <p>"You think <i>that's</i> bad..."</p> <p>"Let me tell you about..."</p>	<p>Dismissing</p> <p>"Don't worry..."</p> <p>"You'll be fine..."</p> <p>"It's all going to workout..."</p>
<p>Educating</p> <p>"Studies show that..."</p> <p>"Research has found..."</p>	<p>Problem-solving</p> <p>"Have you tried...?"</p> <p>"What if you...?"</p>
<p>Consoling</p> <p>"You poor thing..."</p> <p>"I'm so sorry, that's awful..."</p> <p>"You deserve better..."</p>	<p>Taking Sides</p> <p>"It's not your fault..."</p> <p>"You have every right to..."</p> <p>"That's unfair..."</p> <p>"S/he's in the wrong here..."</p>
<p>Interrogating</p> <p>"Why____?" "When____?" "How____?"</p> <p>"Who____?" "Where____?"</p> <p>"Has this happened before?"</p>	<p>Comparison</p> <p>"That's just like <other person>!"</p> <p>"The same thing happened to me!"</p>
<p>Story-telling</p> <p>"This reminds me of this time when..."</p>	<p>Diagnosis</p> <p>"You're too _____"</p> <p>"H/she's such a _____"</p>